

Month Ten: Inner Strength

"Being able to cope when the going gets tough"

- enable your child to face tough situations instead of just protecting them from them
- give your child room to deal with their own disappointments

Questions for Thought:

1. How do we know if we have inner strength?
2. Do we model inner strength for our children?
3. What are appropriate responses when we are upset? Does our family support these responses?

Daily Exercise: Inner Strength Word of the Day

Supplies: Inner Strength template, colorful markers

How it works: Each day, choose a word that describes a facet of inner strength and write it on the template. As a family, look up the definition of the word, and spend the day focused on that word – what it means, and giving family members the opportunity to demonstrate it. Use Inner Strength ideas as a starting point.

Variations: Use a dry erase board, and write the word and definition on it each day; create a document on the computer with the words; kids can draw a picture of what each word means to them, or journal how they used that day's word.

Weekly Exercise: Three Reasons

Supplies: None

How it works: Discuss some situations your children may face every day. Ask how they would respond, then help them come up with 3 reasons why he/she responds the way they do.

Variations: In addition to the 3 reasons, help your child to come up with 3 coping mechanisms to deal with everyday situations that are bothering them.

One-Time Exercise: The Reservoir of Inner Strength

Supplies: Inner Strength Reservoir Template

How it works: Talk about ways to keep the reservoir of inner strength filled, and fill out the Replenish Inner Strength page, and cut out. Stack cut-out sheets on reservoir template. When the reservoir is about 1/3 full, come up with something that would be upsetting, and remove some of the cut sheets. Talk about more ways to fill the reservoir, and stack cut sheets again.

Variations: Use water and food coloring to illustrate the reservoir; draw pictures of the reservoir; do replenishing activities together as a family.